



**FREDERICK COUNTY GOVERNMENT  
DIVISION OF FIRE & RESCUE SERVICES  
5370 Public Safety Place  
Frederick, MD 21704**

**Acknowledgement and Waiver of CPAT Orientation, Mentoring Program, and/or Timed Practice Tests**

In administering CPAT as a condition of hiring, the Frederick County Division of Fire & Rescue Services must and will ensure all candidates are provided full and equal access to a CPAT orientation and practice program. The orientation and practice program will commence at least eight (8) weeks before the official CPAT test date. This program consists of two (2) phases.

**Phase 1**

Each candidate will be provided full and equal opportunity to attend at least two (2) orientation sessions during which candidates will receive “hands on” familiarity with the actual CPAT test apparatus. These required orientation sessions will be provided by certified Peer Fitness Trainers, fitness professionals, and/or CPAT trained firefighters (proctors). These individuals will familiarize each candidate with each CPAT task and test apparatus. They will advise all candidates concerning specific conditioning regimens and techniques to help each candidate prepare for the CPAT test.

**Phase 2**

Each candidate will be provided full and equal opportunity to attend at least two timed practice runs of the CPAT, using the actual CPAT apparatus. These required practice runs must and will occur within 30 days before the official CPAT test date. Following each practice session, certified Peer Fitness Trainers, fitness professionals, and/or CPAT trained firefighters (proctors) shall help the candidates understand the test elements and how they can improve their performance and condition.

This two (2) phased orientation program is a mandatory condition for candidates taking the CPAT test. However, it is recognized that some individuals may be capable of passing CPAT without participating in these programs. These individuals may excuse themselves from this mandatory condition upon receipt by the Frederick County Division of Fire & Rescue Services of a written and signed waiver acknowledging that these programs were made available on an equal basis to all candidates and the candidate knowingly and voluntarily waived participation in the orientation and practice sessions.

Orientations and practice sessions are designed to give each candidate identical information regarding the test so that each will have the maximum probability for success. During the classroom orientation, candidates are shown the CPAT Orientation Video and are given the CPAT Candidate Preparation Guide. The orientation and practice sessions provide an equal and full opportunity for each candidate to view the test events, talk with qualified professionals and instructors, and physically examine and use test equipment, tools and props in a controlled and consistent setting. Candidates are directed to

familiarize themselves with all elements of the test. Further information regarding orientations and practice sessions will be provided by the Program Administrator.

**To opt out of the orientation and/or practice sessions, read the statement below and sign and date the form.**

I have read and understand the nature of the orientation and practice sessions and the time period between orientation and the actual CPAT test. By executing this acknowledgement, I hereby knowingly and voluntarily waive my right to participate in the above described orientation and practice sessions. This opt out may be rescinded at any time by contacting the Program Administrator. Participation in the remaining sessions will begin as soon as possible provided all other participation requirements are met.

Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_

Date: \_\_\_\_\_